

that gives a required resistance force against the movement of the Twist Up ring when the Twist Up device is operated.

#### ABSTRACT

5           The present invention is a Twist Up device that consists of multiple pin-movement sections and pin-stopping sections. The pin-movement sections have Twist Up adjustment grooves in multiple steps, and these adjustment grooves allow the Twist Up ring to move the Twist Up adjustment pins in the direction of the set grooves. The pin-stopping sections are positioned next to the pin-movement sections so that they can  
10 stop the Twist Up adjustment pins to prevent the Twist Up ring to move in the direction of the set grooves.